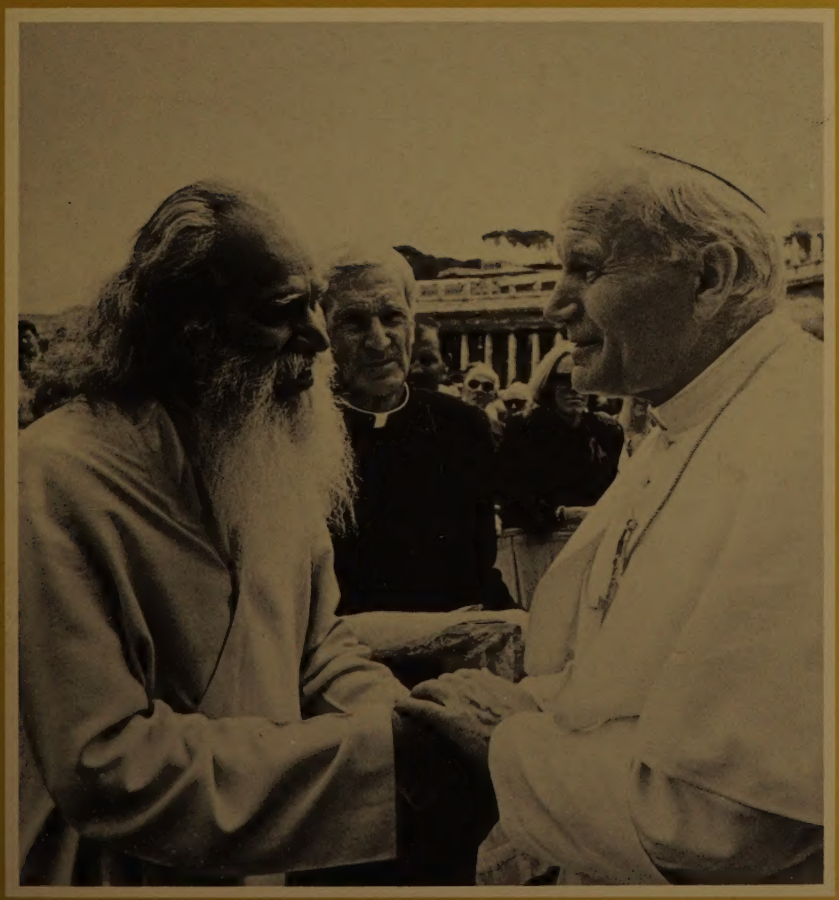
THE TEACHINGS OF
SWAMI SATCHIDANANDA
AUGUST/SEPTEMBER 1984 $2

GRADUATE THEOLOGICAL UNION
LIBRARY
1962

Integral Yoga



UPCOMING EVENTS WITH SRI GURUDEV

AUGUST

23-24	Pomfret Center CONNECTICUT	Teachers Training Graduation at Connecticut Ashram
25-31	Zinal SWITZERLAND	Annual European Union of National Yoga Federations Conference

SEPTEMBER

1-9	Zinal SWITZERLAND	continuation of above program

OCTOBER 30 - NOVEMBER 29
INDIA TOUR

DECEMBER

22	Buckingham VIRGINIA	Jayanthi Celebration
25	Buckingham VIRGINIA	Christmas Festivities
26	CALIFORNIA	
27	Monterey CALIFORNIA	Asilomar New Year's Retreat
28	Santa Barbara CALIFORNIA	Annual IYI New Year's Retreat

HOLY DAYS & OTHER SPECIAL DATES

SEPTEMBER

8 Jayanthi (Birthday) of Sri Swami Sivanandaji Maharaj
10 **Full Moon**
22 Autumn Equinox
25 Navaratri (Hindu) continues through 3 Oct.
27 Rosh Hashanah (Jewish)
Muharram (Islamic)
28 Confucius (Birthdate)

OCTOBER

2 Mahatma Gandhi (Birthdate)
6 Guru Ram Das (Birthdate)
Ashura (Islamic)
Yom Kippur (Jewish)
9 **Full Moon**
11 Succoth (Jewish) through 17 Oct.
16 World Food Day
20 Birthday of the Bab (Baha'i)
24 Deepavali (Hindu)

INTEGRAL YOGA® : Vol. 15, No. 4, Aug/Sep 1984. Copyright — 1984 Satchidanand Ashram - Yogaville. ISSN 0161-1380. All rights reserved. No part of this publication may b reproduced without written permission from the publisher. Published by Integral Yoga Publ cations at Satchidananda Ashram, Route 1, Box 172, Buckingham, VA 23921 USA. **INTE GRAL YOGA®** is published bimonthly. Subscriptions are $12 per year ($15.50 foreign sent to above address.

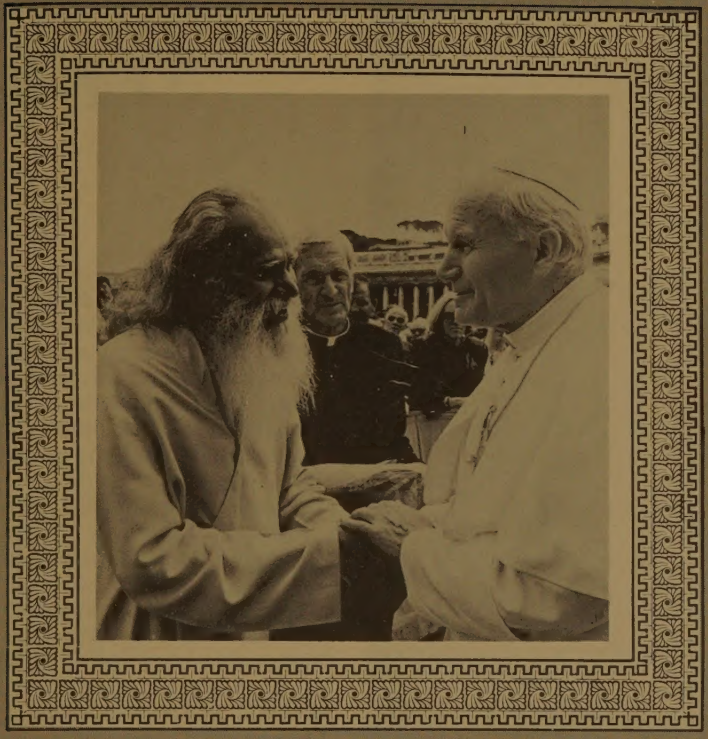


table of contents

SPECIAL FEATURES

IVING IN HARMONY by Sri Swami Satchidananda 4
PRAYER FOR ANIMALS by Dr. Albert Schweitzer 7
/HAT LIFE HAS TAUGHT ME by Sri Swami Sivananda 8
ATSANG WITH SRI GURUDEV 12
'HE ABSOLUTE WAY by Lao Tzu 16
OTUS — ONE YEAR TO GO 18
APAL AUDIENCE by Swami Premananda 22

DEPARTMENTS

ETTERS 2
OETRY: You are the Star by Kidon Bauman 11
One Loving Essence by Kidon Bauman 15
)M COOKING:
Vegetarian Fare with a French Flare by Fabienne Lartaud 20
)AY BY DAY WITH SRI GURUDEV 23

INTEGRAL YOGA AND YOU

INTEGRAL YOGA Magazine is the official organ of the Integral Yoga Institutes, Teaching Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga — including Hatha, Raja, Karma, Bhakti, and Jnana Yogas — as well as instruction in Yogic diet and other rleated topics. There are open classes, courses, teacher training programs, universal worship services, and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total Yogic living, are also possible. Those interested are invited to telephone or to visit the centers.

A wide range of guest programs are offered at the Ashrams in Buckingham, Virginia and Pomfret Center, Connecticut. Located at the Virginia Ashram are: The audio-video department, book publishing and distribution services; a school for children (Yogaville Vidyalayam), and the international coordination offices for all Integral Yoga Centers. The LOTUS (Light Of Truth Universal Shrine) is under construction, and an Integral Yoga Health Services Clinic is now in the early planning stages.

For more information, to arrange for an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

Letters

The mantra initiation means a great deal to me. If fulfills a searching that has been present in my life over the past few years — for the deeper meaning behind what Christ and the Spirit are teaching us. I believe that through you and your spiritual consciousness, God is leading me to Him, to the Truth.

Thank you very much for accepting me as your spiritual student.

-G.C., San Francisco, CA

Like a bird soaring overhead in flight,
Your Spirit lifts us to the heights
Of eternal oneness with all life,
The teachings that you offer
Are for all with ears to profit.
Wisdom of the ages,
To guide us through life's changes
Oh, Divine Teacher! Beloved Friend!
Lead us to your sacred home
Where we all shall dance together
Forever free!

-P. & S.A., Buckingham, VA

My young son is one of the few Guatemalans who was a vegetarian "in utero" and I feel it can be the beginning of a chain of changes so much needed in these beautiful yet mixed up Latin American countries — where internal fights, antagonism, and lack of justice, among many other problems, are part of daily life.

Following a vegetarian, yogic diet, doing pranayama, asanas and meditation is the answer [to so many problems]. It sounds so easy, and it *is* easy once the person is convinced, yet so difficult for everyone to follow!

Lately whenever I feel my mind going places, along with repeating my mantram, I imagine you right there watching me; and I immediately feel your presence and I do or think "right." (It works!) So, even far away, I feel you near me.

-P.G., Guatemala

i Gurudev

The October/November issue of Integral oga Magazine was received by me today 5 June). The account of the visit of Sri wamiji to his home country was scintil- ting and enthralling. Mention of his visit o Rishikesh and his prayer in solitude at ne Samadhi of his Master was moving. But ne account has an important omission — nat of the visit of Swamiji to his old school Coimbatore, Sarva Jana Higher Secon- ary School, and his inspiring talk to the wo thousand students followed by one of ne most interesting question and answer essions. He was received at the school by rofessor G.R. Damodaran, Founder- rustee PSG Charities and a former Vice- hancellor of Madras University, Dr. S.S. ajagopalan, Headmaster, and a host of Sri wamiji's classmates and well wishers. Sri wamiji was requested to revisit his old chool during the Diamond Jubilee Cele- rations of the school being held this year. Ve eagerly await Sri Swamiji's visit and the pportunity to receive his blessings in per- on once again.

-Dr. S.S. Rajagopalan
Peelamedu, Coimbatore

o everyone at Yogaville,

I am so overwhelmed by your prayers nd concern for my welfare. Words cannot xpress my feelings to all of you, to the ones have met and the ones I haven't.

I have faith in the success of the opera- on, but I am not looking forward to it! Vith so many people on my side, only ood can come of it.

-A.S., Louisville, KY

Ed. note: The above mentioned bypass surgery — his was one of the times surgery was necessary — was a complete success.]

Integral Yoga® Magazine

Founder - Director
Sri Swami Satchidananda

Editor
Swami Prakashananda Ma

Layout
Ganapati Groff

Photography
Swami Premananada Ma
Swami Sharadananda Ma

Distribution
Devi Phillips

Printing
Delta Printing
Lynn, Massachusetts

SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being: "Truth is One, paths are many." His main residences are in Buckingham, Virginia during the summer and Santa Barbara, California during the winter. He also travels widely, sharing with people through every possible medium: lectures, conferences, radio, television and newspaper interviews, books, and visits to centers around the globe in the fields of education, religion, health and Yoga.

LIVING IN HARMONY

by Sri Swami Satchidananda

[In this excerpt from a talk given by Sri Gurudev at the Virginia Ashram, he was talking specifically about Yogaville. However, we feel that his comments could just as well serve as an inspiration for anyone trying to live a harmonious yogic life in any community, family, or any place in the world.]

Yogaville is not just built for one or two individuals. It's for everyone. Our aim is to make this an exemplary community, to show the world that it is possible to live together harmoniously. Mahatma Gandhi used the term "Rama Rajyam" which means "The Kingdom of Rama." In the Kingdom of Rama, there was no fighting, no theft, no crime. Everything was beautiful with no animosity. Even the animals which would normally fight one another were playing together contentedly. What a beautiful world, a heaven.

It is easy to say that we want a peaceful world, that we want a heaven here on earth; but it is very hard to accomplish. Before we can make the whole world a heaven, we have to start somewhere; and that is the point of communities like Yogaville. If we can't even make a heaven in this one little place, then what is the point of talking about a peaceful world?

The people who live here should feel strongly commited to that ideal. It needs the beautiful cooperation of every individual. A lot of loving and giving is required. We have to give up many of our individual idiosyncrasies and think of the common goal. It's fine to express your own ideas, but at some point you may have to sacrifice them in order to get a job done. That's what true sacrifice is. For the benefit of everybody you have to sacrifice something of your own. It needs a lot of understanding, a lot of cooperation and coordination.

I know it can be difficult. Even in one single family where there may be five or six people all born of the same womb, they don't always get along well. Here we have plucked people from many different family trees, from various walks of life. To put them together and make one family is hard sometimes.

The great South Indian saint Thiruvalluvar said, "Who is a great person?" Here I will paraphrase him a little to say, "What is a great community?" He answered, "The one that can do something that ordinary people cannot do." There is no greatness in doing what can easily be done by everyone. You should do something great that will serve as an inspiration to everyone.

Conviction

When people come together like this it's only natural that there will be some friction. As long as you feel that friction it means that there are still some rough parts to work on. To polish a stone, you rub it against another stone. While it gets polished, the polishing stone becomes more polished. That's what happens at an ashram. Everyone comes as rough stones; to get polished they get rubbed together and make some noise, but in the process they get smoothed and softened.

Don't give up. Rome wasn't bult in a day. I don't know just how they built Rome, but Yogaville can't be built in a day either. First of all you should have deep conviction



about the aim of it all. You should be able to think to yourself, "Yes, this is a beautiful goal. This is what we want to achieve." Know in your heart that this is what you want.

Sometimes I hear that people think they are doing it for me. I don't like that idea. If you want, use me as a symbol of your goal but don't think you are doing it for my sake. Take it as *your* goal; do it for *your* sake.

Once you have that conviction, don't run away when there is a little friction. Stay out. Be strong. However rough it gets, persevere. Be tolerant of one another. Don't think that the minute someone walks into an ashram he or she immediately gets transformed. We all come with our own backgrounds, difficulties, strengths and weaknesses. It takes time to work out the rough edges. Not long ago there was a big discussion at the family meeting. One individual had done an undesirable act that affected a few other people. We didn't want to just immediately throw the person out so we discussed it. The person felt very badly about what had happened, apologized, and promised never to do it again. It's easy to throw somebody out but we are not here for that. We are all here to help each other.

Keep that one big aim in mind always. It's easy to theorize. We can talk for hours and hours, months and months, years and years; but it won't help us. We have to apply it in our lives.

The Real Experience

Living and working together as one beautiful family with total love. That's God. People still ask me, "Why is it that I've been practicing all these years but I haven't realized God; I haven't had any experience?" I don't know what experience they want. Do they mean they haven't lifted up from the floor a few inches? Are they looking for some kind of hallucination? That's not the kind of spiritual experience you need. You may have some nice visions, you may see lights, hear sounds, but what is the benefit to others? The real spiritual experience is to move around with smiling, loving faces. That is spiritual — to see the spirit in others and love everybody. Rise above these little differences of the lower nature. Bring harmony wherever you are.

If you can't live harmoniously with

others what is the use of other spiritual experiences? Ultimately, everyone should love you. Keep that in mind: "I will live a life that will make everybody love me and I will love them." If you can have that work in your life, then you are growing spiritually.

All the yogic practices are valuable; your practice shouldn't stop when you leave the meditation room. You may be perfectly regular in your meditation. Every morning you sit for one whole hour, totally concentrated without any movement whatsoever. If the minute you get up and walk away you express all your negative feelings to others, what is the use of your meditation? Then it is not a spiritual practice.

Touch your own heart and ask yourself, "Do I love everybody? Am I loved by everybody? Do I feel dislike toward any person?" If you find that you have negative feelings toward someone, go to him and shake his hand. Simply say, "I'm sorry I had this kind of feeling. It's terrible. It makes me sick. Please accept my apology." This is worth one hundred days of meditation.

Every day at the Ashram you say "Maa vidvishaa vahai." ("May I cherish no ill feeling toward anyone.") Can you honestly say you don't have ill feeling toward anybody here. Forget about the other places for a moment and just think about the people immediately around you. If there is ill feeling, take care of it immediately. By learning to do that here, you will be able to do it with people outside the Yogaville community too. Make friends with them.

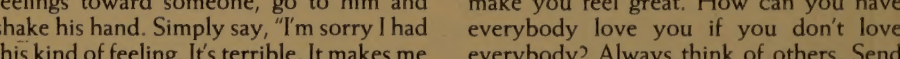
Ill feeling toward others means that it is *your* ill feeling. Your feeling is making you ill. That means that before your ill feeling affects others it has already affected you. In the same way, your loving feeling toward others will have a profound affect on you.

Don't even allow that ill feeling to stay for a few hours in your heart. Before you go to bed that should be cleared. Don't you brush your teeth before you go to bed? In the same way, you should brush your heart. Take any animosity out of your heart, clean it, then you can go and sleep comfortably. Try it. If you consciously try it, it becomes very easy.

Imagine how happy you would be if you could think, "Ahh, everybody loves me." Just think of it. Even the thought of it will make you feel great. How can you have everybody love you if you don't love everybody? Always think of others. Send them loving thoughts and settle any differences openly.

That is the practical application of Yoga in life. It is the purpose of Yogaville. Charity begins at home. Before you go and preach love, understanding, and Yoga to others, put it into practice right here at home.

–from a Satsang at Yogaville, Virginia
7 April, 1984



CONSERVE ENERGY

by Dayalan Otto, age 9

Brahmacharya is continence or storing energy for the times you need it. You cannot do things with your body when you are like a bowl of jelly. You have to be energetic, powerful, strong, and willing! Would you like to be like that? Or do you want to be like a bowl of jelly?

Conserve your energy! Storing your energy is what you think it is. It is not lying in bed and watching TV. You may think that is conserving energy because you are not doing anything but this is not the truth. This is draining your energy! To conserve you have to be active and get the energy flowing, then you can share it.

A Prayer For Animals

by Dr. Albert Schweitzer

Hear our humble prayer, O God,
for our friends the animals,
especially for animals who are suffering;
for any that are hunted or lost or deserted or frightened or hungry;
for all that must be put to death.
We entreat for them all Thy mercy and pity,
and for those who deal with them we ask a heart of compassion
and gentle hands and kindly words.
Make us, ourselves, to be true friends to animals
and so to share the blessings of the merciful.



WHAT LIFE HAS TAUGHT ME

by Sri Swami Sivananda



It was, I should say, by a flash that I came to the conclusion early in my life that human life is not complete with its observable activities and that there is something above human perception controlling and directing all that is visible. I may boldly say that I began to perceive the realities behind what we call life on earth. The unrest and feverish anxiety that characterize man's ordinary existence here bespeak a higher goal that he has to reach one day or the other.

When man gets entangled in selfishness, greed, lust and hatred, he naturally forgets what is beneath his own skin. Materialism and skepticism reign supreme. He gets irritated by small things and begins to fight. In short, man is miserable. The doctor's profession gave me ample evidence of the sufferings of this world.

I was blessed with a new vision and perspective. I was deeply convinced that there must be a place — a sweet home of pristine glory and purity and divine splendor — where absolute security, perfect peace and happiness can be enjoyed eternally. In conformity with the dictum of the Sruti, I renounced the world, and felt that I belong to the whole world.

A course of severe self-discipline and penance endowed me with enough strength to move unscathed amid the vicissitudes of the world-phenomena. I began to feel the great good it would be to humanity if I could share this new vision with one and all. I called my instrument of work The Divine Life Society.

Side by side, the stirring events since the advent of the twentieth century had their effect upon all keen-minded people. The horrors of past and possible wars and the consequent suffering touched the minds of people. It was not difficult to see that the pains of mankind were mostly brought on by its own deeds. To awaken man to his errors and follies and to make him mend his ways so that he may utilize his life for attaining worthier ends was felt to be the urgent need of the time. As if in answer to this need I saw the birth of the Divine Life Mission, with its task of rescuing man from the forces of the lower nature and raising him to the consciousness of his true relation to the cosmos. This is the work of rousing the religious consciousness, an awareness of the essential Divinity of man.

Not by mere argument or discussion can religion be taught or understood. Not by precepts or canons of teaching alone can you make one religious. It requires a peculiar atonement with one's vast environment, an ability to feel the deepest as well as the vastest, a genuine sympathy with creation. Religion is living, not speaking or showing. I hold that whatever be one's religion, whoever be the prophet adored, whichever be the language or the country, whatever be one's age or sex, one can be religious — provided the true implication of that hallowed term *tapas*, which essentially means any form of self-control, is made capable of being practiced in daily life to the extent possible for one in the environment and under the circumstances in which one is placed.

I hold that real religion is the religion of the heart. The heart must be purified first. Truth, love and purity are the basis of real religion. Control over the baser nature, conquest of the mind, cultivation of virtues, service of humanity, goodwill, fellowship and amity constitute the fundamentals of true religion. These ideals are included in the principles of the Divine Life Society; and I try to teach them mostly by example, which I consider to be weightier than all precepts.

Caprices of Mind

The average seeker after Truth is often deceived by the caprices of his mind. A person who takes to the spiritual path is bewildered before he reaches the end of his journey, and is naturally tempted to relax his efforts half way. Many are the pitfalls, but those who plod on steadily are sure to reach the goal of life which is universality of being, knowledge and joy. I have laid great emphasis in all my writings upon the discipline of the turbulent senses, conquest of the mind, purification of the heart, and attainment of inner peace and strength, suited to the different stages in evolution.

I have learned that it is the foremost duty of man to *give* — give in charity, give in plenty, give with love, give without any expectation of consequence — because one does not lose anything by giving; on the other hand the giver is given back a thousandfold. Charity is not merely an act of offering certain material goods, for charity is incomplete without charity of disposition, charity of feeling, charity of understanding, knowledge and attitude to others. Charity is self-sacrifice in different levels of one's being.

Similarly I consider goodness of being and doing to constitute the rock-bottom of one's life. By goodness I mean the capacity to feel with others and live and feel as others do, and be in a position to act so that no one is hurt by the act. Goodness is the grace of Godliness. I think that to be good in reality, in the innermost recesses of one's heart, is not easy. Though it may appear to be simple as a teaching, it is one of the hardest of things on earth.

Glorious Manifestation

There is no physical world for me. What I see I see as the glorious manifestation of the Almighty. When I serve persons I see not the persons but Him of whom they are the limbs. I learn to be humble before the Mighty Being whose breath we breathe and whose joy we enjoy. I do not think there is anything more to teach or to learn. Here is the cream of religion, the quintessence of philosophy, that which anyone really needs.

The philosophy I hold is neither a dreamy, subjective, world-negating doctrine of illusion, nor a crude world-affirming theory of sense-ridden humanism. It is the fact of the divinity of the universe, the immortality of the soul, the unity of creation with the Absolute, that I feel as the only doctrine worth considering. As the one God appears as the diverse universe in all the planes of its manifestation, the aspirant has to pay his homage to the lower manifestations before he steps into the higher.

Sound health, clear understanding, deep knowledge, a powerful will and moral integrity are all necessary parts of the process of the realization of the ideal of humanity as a whole. To adjust, adapt and accommodate, to see good in everything and bring to effective use all the principles of nature in the process of evolution toward Self-realization along the path of an integrated adjustment of the human powers and faculties are some of the main factors that go to build up a true philosophy of life. For me philosophy is not merely a love of wisdom but actual possession of it. In all my writings I have prescribed methods for overcoming and mastering the physical, vital, mental and the intellectual layers of consciousness in order to be able to proceed with the Sadhana for self-perfection.

To behold the Self in every being or form, to feel God everywhere, at all times and in all conditions of life, to see, hea taste and feel everything as the Self is m creed. To live in God, to melt in God and t dissolve in God is my creed. By dwelling i such union, to utilize the hands, mind senses, and the body for the service of hu manity, for singing the names of the Lord for elevating the devotees, for giving in structions to sincere aspirants and dissem inating knowledge throughout the world, my creed if you call it one. To be a cosmi friend and cosmic benefactor, a friend o the poor, the forlorn, the helpless and th fallen is my creed. It is my sacred creed t serve sick persons, to nurse them with car sympathy and love, to cheer the depressed to infuse power and joy in all, to fe oneness with each and every one, and t treat all with equal vision. In my highe creed there are neither peasants nor king neither beggars nor emperors, neithe males nor females, neither teachers nor stu dents. I love to live, move and have m being in this realm indescribable.

The first step is often the most difficu one. But once it is taken the rest become easy. There is a need for more courage an patience on the part of people. They usu ally shirk, hesitate and are frightened. A this is due to ignorance of one's true duty. certain amount of education and culture necessary to have a sufficiently clear gras of one's position in this world. Our educa tion system needs an overhauling for it now floating on the surface without touch ing the depths of man. To achieve this, co operation should come not only from soc ety but also from the government.

Success is difficult without mutual help The head and heart should go hand in han and the ideal and the real should have close relation. To work with this knowledge is Karma Yoga The Lord has declare this truth in the *Bhagavid Gita*. I pray tha this supreme ideal be actualized in the dail life of every individual and there be a ver table heaven on earth. This is not merely wish. This is a possibility and a fact tha cannot be gainsaid. This is to be realized life is to mean what it ought really to mean

-from "Spiritual Experience

On the 8th of September we celebrate the Jayanti (birthday) of H.H. Sri Swami Sivanandaji Mahar raj, the Gurudev of Sri Swami Satchidanandaji.

YOU ARE THE STAR

by Kidon Bauman

Dream on–
Sing the song,
Run the race,
Till the soil,
Fly–

Oh, but always remember and realize–
You are the star.
Let the fist unclench,
Let the channels flow.

When you look up into the cosmos
And you see with His Eyes
You see the Truth

That we are all stars speckled on the One
Together as One and essential to the One–
All shining in His Light
And time-space is seen as an illusion
fading away.

You have shattered the mirror
And seen that each tiny piece
Still reflects the whole Sun.

You have found the inner diamond.
Brahman and Atman are One.

Satsang with Sri Gurudev

QUESTIONS & ANSWERS

From Recent Satsangs

Enjoy

QUESTION: How are we to enjoy life to the fullest?

SRI GURUDEV: To enjoy life to the fullest, stop wanting anything. Then you will be a person above wants. Usually when we use this expression — "He or she is above wants" — it means that the person ha everything materially. But the person wh has all the material comforts may still hav more wants. The one who enjoys life to th fullest will sincerely not want anything. things come to him, fine. If they go, als fine.

There is nothing wrong with the material things themselves, but don't equate their attainment with happiness. Don't we hear people say, "If I get enough money, I'll be contented." or "As soon as I achieve this or that, I'll be at peace." Instead of feeling this way, just be contented as you are now, with what you have now. You can work toward certain goals, but don't be attached to the outcome. Then you will always enjoy what you have and what you lose.

Enjoy the coming; enjoy the going. Enjoy the profit; enjoy the loss. Then you are always in joy. The only way to enjoy is to just be what you are. You're not going to enjoy more by getting things. If you enjoy by getting things you will be depressed by losing things.

Remember that your joy doesn't come from anywhere outside. Nothing brings you joy. Nobody brings you joy. You are already joyful always. So enjoy that.

He, She, It

QUESTION: During a lecture, I heard one of your students referring to God as "He" and "Father". Why is that when God encompasses both female and male?

SRI GURUDEV: Probably the person was just doing that out of habit or to simplify. Here we all know that God is "He" and "She" and "It" and even more than that. God need not be a father. God can be a mother also. God can be a brother, a sister, a friend, a tree. God is everything.

God is Spirit, and Spirit is above all these gender distinctions. To realize God as Spirit is what is called spiritual practice. Unfortunately even in the spiritual practices there are problems about male and female. Arguments about men and women don't belong in a church or synagogue or ashram. There should be no discrimination against one or the other. When you talk about the physical body, you are talking about flesh and bone and some blood. Spirit has nothing to do with this; it's above all these things. If you are going to fight about male and female, don't call yourself a spiritual person. Spirit has no gender like this.

Still we love the Spirit or God and want It to manifest in some form or other so we can express our devotion. If you love the image of a father, let God come as a father to you. If you love the image of a mother, God can manifest as a mother for you. If you adore nature, call God by the name of Nature. God is all of these things and more.

It doesn't matter what form you choose. As long as your interest is in recognizing, in realizing that Spirit you can approach It in any form you like. If you don't care for any of the traditional forms that have been handed to us over the ages, you can create your own form and God will come to you as that. There is no limit to God's expression. God need not be put into only a few categories. God is ready to send Itself in any form that will help you to realize that Spirit. God is essentially nameless, formless, and omnipresent.

Even in Christianity God is omnipresent but He, She, or It had to come and communicate. So the form of a human being was assumed and was called the Son of God. Through that form you ultimately reach the formless.

In the same way, you can go through any form you want to reach God. If you forget the ultimate Truth and say, "God is only this," then to say "God is omnipresent" becomes nonsense. If God is omnipresent, what does that mean? God is everywhere. We can say that God comes in the form of a microphone, in the form of a chair, in the form of a Swami, in the form of all you people. Then we can say, "This God is sitting on this God, talking through this God to that God!" It sounds confusing, but it's the truth.

It is easy to say the words: "God is omnipresent, omnipotent, omniscient," but hard to truly understand. If we stop and think of the real meaning of the words, then all this limiting of God seems to be nonsense. However, we have limited mental capacities for this kind of understanding. The mind cannot truly accept or understand the unlimited One. It is to give us something to focus on that we have to limit something that is unlimited. We need that help to go beyond the limitation and realize the One or God.

This is the reason for all the forms and names. Whatever form or name we may choose, let us all remember the real Truth of the limitless, formless, omniscient, omnipresent, and omnipotent One behind it all.

Honest Business

QUESTION: Today's business world is hard and competitive. What would you advise a young person who plans to start a business?

SRI GURUDEV: Yes it is competitive. Unfortunately or fortunately all the gimmicks seem to pay off. A lot of money is made by gimmicks, by tricks, by exaggerations in commercials. It's very hard to compete with those people and to have a straight business. Still, it is worthwhile going about your business in an honest manner. When people realize that you are doing a straight business, an honest business, they will come to you more. Then you will never lose their patronage.

It takes a little time to prove yourself to be an honest businessperson. Conduct your business honestly, selflessly, as a matter of service to people. Then you will never have difficulty having enough customers. False competition doesn't last long; after some time the truth will come out.

Always have service to others in mind. Think of the benefit of the buyers or clients. Your duty is to give them the right merchandise or service at the right price with a marginal profit for yourself. Yes, it's fine to make some profit. Otherwise how will you continue to serve them?

Be honest and serviceful, and you will be rewarded.

Swan or Buffalo?

QUESTION: Gurudev, you once spoke about three categories of students. Would you please explain those?

SRI GURUDEV: There are several kinds in each category. On the top level are the students who will behave either like a swan or a cow. What is one great quality that we see in the swan? If you mix water and milk and place it in front of the swan, the swan will put in its beak, shake the whole thing and be able to extract the milk and leave the water behind. The cow has a different quality but it is just as good. She will go and graze in one place, eating as much as she can with full concentration. Then she goes back to the stable, lies down and regurgitates everything she swallowed. She keeps it in the mouth and chews it well. Anything that is raw and not digestible, not good for the system, she will spit out. Finally she swallows the good part, digests and assimilates it.

So a good student will have these qualities. He or she will receive everything but will have the capacity to separate what is conducive for his growth and what is not. What is useful he will put to use. Not all that you hear is going to help you. Sometimes you might not be in a position to understand certain things. Simply ignore those parts. Whatever you feel you understand and will be a help to you, take it and assimilate it. That kind of discriminating faculty is there with the topgrade student.

The middle grade student would be like a parrot or like the earth. What is the quality of the earth? Whatever you sow, it gives back. It doesn't give anything else; it doesn't change it to something else; it doesn't give it any further meaning. If you throw a mango seed, you get a mango tree. If you sow an apple seed, you get an apple tree. That is the quality of the earth. As for a parrot, whatever it hears it repeats. It doesn't expound on it or develop it; it simply repeats.

For the low grade of student, there are four examples. First is the pot filled with holes. Whatever you pour in immediately flows out. It doesn't retain anything. The next example is the buffalo. If you take a buffalo to a beautiful clear pool of water, it won't stay out of the water to drink. Instead it will walk right in, lie down and stir up the whole thing. It turns even the clear water into muddy water and then just lies there and sleeps. This kind of student will make a mess of whatever he hears. The other retains nothing.

The third example is the goat. The goat never stays in one place to eat. It will go and bite a leaf here, run and bite a leaf someplace else, run again and take a bite of some-

thing else. There are students like that. They will stay here for one week then go someplace else, then on to something else. They constantly move around wanting something quick; they don't stay in one place long enough to learn anything.

Finally, there is the strainer, like a tea strainer. You pour the tea, and the strainer keeps all the unwanted parts and lets the nice tea run through. All the good things are missed and all the undesirable parts are held tight.

These are wonderful examples given to us by the ancient Tamil writings. The first kind of student will be like a swan or a cow; the second will be like the earth or like a parrot; the third kind will be like a hole-filled pot, a buffalo, a goat or a tea strainer. Keep this in mind and contemplate it. What kind of student are you?

ONE LOVING ESSENCE

by Kidon Bauman

On the verge of black,
Light finally pervades the dark, thick
Sea of Evanescence–
One loving essence–
A new creator,
The genesis of joy–
It flows on and in
Where have we been
Come join–Come in–
In the eye of the tornado
And the nuclei of nuclei–
Something subtle and safe
Somehow sees the Light, and they are One,
Forever.

It's still there. It's still there.
I feel It, I know It.
My heart sings of blissful
Deification under the diaphonous wings of
Memory
In the prana of the redolent rose
Some see nature, substance, energy, love
For the bliss it reminds us of.

THE ABSOLUTE WAY

from the Hua Hu Ching by Lao Tzu

translated by Taoist Master Ni, Hua-Ching

There was once a great white-bearded master who appeared at the boundary of the "Central Territory" [China] on his journey west. Followers came from everywhere to sit at his feet, for he was a model of universal harmony. His teaching was so simple, and yet so profound. His instruction was neither of ordinary religion nor of worldly wisdom, yet it revealed the Truth of every aspect of the universe. All of his friends and followers lived virtuously and joyfully performed whatever work came to them. They maintained a peaceful, righteous way of life and enjoyed the abundance of their being. After their daily work was completed, they cleansed themselves carefully and fed themselves properly. Then they went to the garden where the old master stayed and awaited his precious instruction.

On the occasion of one such gathering, a wise disciple, the prince of the country, arose among the group, humbly saluted the master and requested: "Our venerable master of the world, one who is absolutely virtuous takes care of those who practice virtue and selflessness. One who is absolutely virtuous also guides those who do not practice virtue and selflessness. Please instruct us: If men and women are motivated to attain the correct awareness of their true nature, how should they calm their minds? What path should they follow in order to harmoniously attune their minds to all aspects of life?"

The old man said, "Well, well, one of absolute virtue takes care of those who practice virtue and selflessness. One of absolute virtue also guides those who do not practice virtue and selflessness, as you say. Please listen well. Any good person who is motivated to attain awareness of the absolute Truth should follow the absolute Way to calm his mind and harmonize with all aspects of life."



The prince said gladly, "Most venerable master of the world, with great joy we are ready to receive your precious guidance."

The master told the prince and all the followers: "All of my friends and disciples should attune their minds to all life and hold no antagonism toward any living thing, whether it be born of womb, egg, moisture, or by any kind of transformation; whether it be conscious or not; whether it can think or is unable to think; whether it has form or is formless. You should dissolve all discrimination of individuality and absorb all things into absolute Oneness. The virtue of a highly evolved being embraces all people and things, and disperses the darkness which isolates them. Although numberless lives are illuminated, one with absolute awareness really helps no one. Why is this so?

"Kind prince, if one still holds the divisive mental concepts of self and others, male and female, longevity and short life,

life and death, and so on without end, then this individual does not have absolute awareness."

The master continued, "One who practices virtue and selflessness should not hold any particular idea in his mind about how to fulfill his virtue, for virtue is the very nature of one's being. One should always be willing to assist others selflessly and unconditionally by offering one's skills and achievements to serve them. One should be willing to give away the things one cherishes most or even offer one's life to assist others.

"One should not restrict one's service by distinctions of color, nationality, family or social relationships, sensory perceptions, or any other relative condition. To restrict the ways in which one would render service to others to suit one's personal preference is potentially harmful."

"Kind prince, if one relates to others and serves them only according to his own design, it is as if he has entered the darkness and can see nothing. By chance he may help some people, but he may also injure others. However, if one does not limit himself by imposing special terms on his serving others, he is like someone with good vision who enjoys the brightness and sees clearly. His influence is purely positive."

"Following the absolute Way means practicing selflessness and extending virtue to the world unconditionally. In this way one can not only eliminate the heavy contamination accumulated throughout many lives, but may also bring about the possibility of restoring one's original divine nature as an absolute being of the multi-universe. This is the only way to truly dissolve the self-created agony, misery and tragedy experienced in one's life. Every expression of life is the reality of life. One's every movement and activity evoke a response from the subtle energy of the universe. When one does not limit himself by imposing conditions on his rendering of service to others, the blessings one evokes will also be limitless."

From "The Complete Works of Lao Tzu," translation and elucidation by Taoist Master Ni, Hua-Ching — published by The Shrine of the Eternal Breath of Tao, Malibu, CA and the College of Tao and Traditional Chinese Healing, 117 Stonehaven Way, Los Angeles, CA.





LOTUS — ONE YEAR TO GO!

There is a scenic overlook at the Virginia Ashram. From it one can see the beautiful Blue Ridge Mountains and a lovely panorama of the surrounding countryside. Most striking of all, however, is the sight of the LOTUS (Light Of Truth Universal Shrine). For those fortunate enough to live in Buckingham, viewing the LOTUS construction each day brings new surprises and a clearer awareness that we will soon be meditating, praying, contemplating or studying within this unusual holy structure.

In one year from this summer LOTUS will open to the public. The ceremony and attention surrounding it will be on a grander scale than anything in the history of the Integral Yoga Institutes and Satchidananda Ashrams. Already people are planning charter flights from different parts of the world so they may attend the opening services. At the Ashram, plans are being made even now for what will take place in July of 1985.

By the time this issue of the Magazine is

printed, the twelve wooden glu-lam beams which will form the structural ribs of the Shrine will have arrived and been put up. By the end of the summer we expect to be ready to put the Italian glass tile on the exterior petals of the Shrine and on the tops of the precast concrete petals in the pond around the Shrine.

The reflecting pond near the Reception Building has been excavated and the water pipes put in place. The footings for the pond walls have been poured and put in place. The Reception Buildings, as we've reported in earlier issues, have been completed and are currently in use. The stained glass religious symbols for the Grand Archway have arrived. Made by Bhaktan Liczwinko of the Integral Yoga Teaching Center in Seattle, Washington, each dark pink circle of glass has a symbol of one of the religions etched in white. This beautiful representation of all the world's religions will greet visitors as soon as they arrive at the LOTUS.

We were surprised to learn from Swami Arulananda Ma, LOTUS Co-coordinator that only approximately 50 people have been financially contributing toward the LOTUS. Usually for a project like this there is a big ongoing fund-raising campaign, but pressuring people to give money doesn't seem to be Sri Gurudev's way. Still, it's startling to realize that so few people have been financially supporting this great project. Some give large donations, some small — that is, some are small and some are large in terms of dollars and cents, but each is large in the sentiment and dedication behind it.

Arulanandaji told *Integral Yoga Magazine* that support of all kinds is still necessary to complete LOTUS. More financial donations are needed. Support in the form of people to help work on many aspects of LOTUS is also essential. In fact, as the landscaping and interior work begins there are more opportunities than ever for people to be physically involved. Of course, your prayers and good thoughts are always appreciated and go a long way toward making LOTUS complete.

LOTUS and the ideals behind it have already brought inspiration to hundreds of people of all denominations and lifestyles all over the world. We look forward to bringing you more news as LOTUS grows and blooms.

For more information about LOTUS, please contact:
Swami Arulananda Ma
LOTUS
Satchidananda Ashram
Route 1, Box 172
Buckingham, VA 23924



OM COOKING

VEGETARIAN FARE WITH A FRENCH FLAIR

by Fabienne Lartaud

MUSHROOM PÂTÉ

Ingredients:
3 large onions
1 lb. mushrooms
1 cup vegetable shortening
4 cups bread crumbs
½ cup pitted black olives
salt, black pepper, nutmeg
4 cloves
2 bay leaves
2 or 3 whole allspice

Slice the onions very thin and brown them in the shortening. Wash and slice mushrooms and add them to browned onions. Add olives, spices and simmer for 30 minutes. Add the bread crumbs and cook for 20 minutes at low heat, stirring often. (For a finer pâté, put cooked ingredients through a food grinder.) Refrigerate in a pan. Delicious served with crackers or bread.

APPLE PILLOWS

Ingredients:
Dough: ¾ lb. butter
5 tablespoons honey
¾ cups water
2 cups white flour
2 cups whole wheat flour
a pinch of salt
Filling: applesauce (home made is preferrable)
honey

Mix all the dough ingredients and let sit for 1 hour. To make each pillow: roll a piece of the dough into an oval shape. Place a portion of the filling on ½ of the oval. Pull the remaining dough over the filling and press the edges of both sides of the oval together. After making all the pillows this way, place them on a greased pie tin. Bake at 350° until golden brown.

RATATOUILLE

Ingredients:
½ cup olive oil
2 onions
3 zucchini
3 eggplants
1 green pepper
3 tomatoes
10 olives
salt, black pepper parsley, and/or basil, garlic

Peel eggplants. Cut all vegetables so they are approximately the same size chunks. Fry the onions in olive oil. Add all the vegetables and spices. Cook for about 1 hour at low heat and add the parsley and garlic at the end. Serve with a little cream if desired.

Yoga teacher and massage therapist Fabienne Lartaud lived at the Virginia Ashram for six months this year and served as Kitchen Coordinator. A native of France, Fabienne met Sri Gurudev at one of the European Yoga Union conferences in Zinal, Switzerland. Everyone at the Ashram was treated by her fine cooking and her delightful presence.





PAPAL AUDIENCE

by Swami Premananda Ma

An historic meeting took place in 1966 and again in 1968 when Sri Gurudev was received by His Holiness Pope Paul VI at the Vatican. Sixteen years have elapsed since the momentous occasion of this meeting. Since that time, hundreds of events including ecumenical retreats, services, and conferences have taken place throughout the United States and around the world, many of them sponsored by Gurudev. The Vatican continues to be informed of Sri Gurudev's interfaith activities, and on the 30th of May 1984 while Gurudev was visiting in Rome an invitation was extended to him to have an audience with His Holiness Pope John Paul II. This was an important occasion and a cause of the ecumenical movement. Gurudev, who has been called an apostle of peace by the Dean of the Cathedral of St. John the Divine, is one of the foremost leaders in the field of interfaith activitiy. On May 30 Gurudev was able to present an album to the Holy Father that gave an overview of these activities and an update about the LOTUS project.

When the Holy Father asked Gurudev about his other work, such as yoga classes and courses, Gurudev replied, "My main work has been focusing on bringing the religions together. Mainly I'm working in the ecumenical field."

The Holy Father responded, "That is very good. I am so glad to hear about this and I give all of my blessings and benedictions in this work."

Gurudev presented a LOTUS pin to the Holy Father, who has been named as an Honorary Patron of the LOTUS. Gurudev also presented a gift from the Yogaville Vidyalayam students, and the Holy Father sent his special blessings to all of them. Photos were taken, and the Holy Father presented Sri Gurudev with the Apostolic Medallion. As Gurudev left St. Peter's Square there were still crowds of people gathered who had come to hear the Pope speak. As Gurudev passed through the Square hundreds of thousands cheered and saluted him. Some handed him flowers, others shook his hand, and still others asked for his blessing

DAY BY DAY WITH SRI GURUDEV

NEW YORK CITY:
Golden Present, Honored Past

On a beautiful spring Friday evening, 27 April, Sri Gurudev arrived at St. John the Divine's Synod House and gave us all a beautiful introduction to Sri Dada J.P. Vaswani of Poona, India. Dadaji, as he is known to his many Sindhi devotees, radiated the same love and joy we all see in our beloved Gurudev. At one point in the introduction, Gurudev commented on how many years ago Master Sivananda & Sri T.L. Vaswani, Dadaji's Guru, were sharing a platform during Master Sivananda's All-India tour. Here in America, years later, the direct disciples of these two great spiritual leaders were sharing the stage.

Dadaji's message is one of love to all of God's creation and the sacredness of all life. He spoke of the importance of selfless, universal love in order to experience true inner peace and joy. In looking at Dadaji, one could see that peace and joy emanating from him as a result of the years of practicing the very lessons he was now sharing with all of us.

On Sunday, 29 April, Gurudev was once again asked to give an introduction of Dadaji to a large group of Indian devotees in Rego Park. The event was sponsored by the Bharatiya Vidya Bhavan in conjunction with several members of the local Sindhi community. In his opening remarks, Gurudev referred again to Dadji's message of selfless and universal love and reminded everyone to be careful not to reduce love to a "business transaction" in which we give love only if we receive the desired result in return. If our love isn't selfless, it is guaranteed to bring pain to all concerned.

Dadaji was aware that Gurudev would have to leave for the airport in the middle of his talk. With total love and consideration, when the time of departure arrived, Dadaji stopped, looked at this watch and told Gurudev it was time for him to leave for the airport. They lovingly parted company, expressing their mutual hopes to see each other again in early July. Dadaji came down from the stage and accompanied Gurudev to the door. After Gurudev's departure, Dadaji resumed his heart-warming and inspiring talk.

His courtesy to Gurudev really made a deep impression upon me. In many cases, the speaker might nod in acknowledgement to the departing guest and then continue the talk — with the other party trying to leave inconspicuously, all the while aware of the distraction being created by his leaving. Instead, Dadaji graciously interrupted his own talk and allowed the necessary time for people to see Gurudev off. In that way, all felt comfortable — the speaker, the departing guest and the audience! What a beautiful lesson in graciousness and loving consideration!

On Saturday evening, 28 April, Sri Gurudev once again blessed his NYC devotees with a wonderful satsang in the main asana room of the IYI. To the surprise of us all, Gurudev had arranged for Peter Max and Gita Hanneman to attend, and each of them shared with us their first experience in meeting Gurudev and how the New York Integral Yoga Instutite came into being. Gurudev remined all of us to always remember with gratitude the early devotees who made it possible for him to come to America and establish the first IYI. It is because of their loving devotion and hard work and energy that others were able to come in contact with Gurudev and his beautiful teachings. The joy on Gurudev's face as he lovingly gazed upon these two long-time disciples cannot be described in words. We could feel his love and pride in



Sri Dada J.P. Vaswani warmly greets Sri Gurudev.

them so tangibly! While Gurudev always reminds us to "live in the golden present", it is clear that we should always gratefully remember past relationships and incidents that made the golden present possible!

-Swami Lalitananda Ma

MEXICO:
Hot Rivers and Warm Hearts

On 29 April Sri Gurudev flew from New York City to San Antonio, Texas where he was lovingly received by his hosts, the Pemmaraju (Rao) family, and other devotees. Sri Gurudev stayed in San Antonio one day before leaving for Mexico with the Raos. San Antonio was facing drought problems with no rainfall at all for nearly two months. Dr. Rao and Rani requested Sri Gurudev's divine intervention on behalf of San Antonio. By dawn of the next day one could see the clouds gathering. By mid-morning the rain was falling. It was Rani Pemmaraju's birthday and all celebrated with a sumptuous Indian feast that she had prepared and offered to Sri Gurudev. Sons Rama (home for the day from Baylor Medical College) and Shankar also joined for the celebration.

In the afternoon Sri Gurudev and the Raos flew to Guadalahara, Mexico as the guest of Mrs. Esther Vexler. Mrs. Vexler, a noted Yoga teacher in San Antonio, had invited Gurudev to give the evening satsangs during the week-long yoga vacation she has sponsored annually for the past 15 years. Along with 20 Yoga students Gurudev arrived in Guadalahara and stayed overnight at the Hotal Roma. Located just in the center of town the hotel was a perfect location for a grand awakening in the morning. Hundreds, perhaps thousands of workers were marching in parade right past the hotel in celebration of the annual workers day on the first of May. Everyone went down to watch them pass by with their huge banners marked with the name of their trade. However, the greatest attraction of the parade seemed to be Sri Gurudev. As all the marchers passed by they were staring at Gurudev and all the parade onlookers seemed to be watching Gurudev instead of the parade.

Next we explored the famous marketplace which is almost like an indoor-outdoor farmer's market. In different sections one can find food, in other sections clothing, and in another area shoes, in another area the famous Mexican blankets. After an hour or so of walking Sri Gurudev decided to take a little rest on a stool next to one of the candy stalls in the marketplace.

In a jovial and joking manner he pretended to be the shop owner and in bits of Spanish began offering various items for sale to perspective customers. The shopkeeper played along with this and seemed to enjoy watching Gurudev as much as all of us did.

In the late afternoon we took taxis to the Rancho Rio Caliente. This is where the Yoga Vacation would be held. It was a taste of village life to drive on the unpaved roads and dusty fields, passing the hut-like abodes and cows roaming. Gurudev commented that it was very reminiscent of India. We arrived at the Rancho, which hosts Yoga groups, retreats and other visitors and provides delicious vegetarian and natural foods. The group gathered in the dining hall and was introduced to Sri Gurudev. What was to be a small introductory talk turned into a two-hour satsang. Most of the members of the group had been practicing only Hatha Yoga. Many of them were fascinated to find that Yoga extends far beyond just the physical practices.

One woman posed the question, "I'm at a point of transition in my life and am searching for a new meaning and purpose. My children are grown and my job is done. I'm trying to figure out what I'm supposed to do and why God created me."

Gurudev compassionately answered, "Does the flower ask, 'Why did You create me?' Does the dog or cat ask God, 'Why did You create me?' It's not even our business to ask this question. God created everything with a purpose. When it is fulfilled He won't waste even an ounce of breath on you anymore. So we should just accept: 'God has created me and He has a purpose for me.' Know you are an instrument in His hands. The screwdriver may wonder, 'Why hasn't he used me? What am I here for?' But only the owner will know why he bought the screwdriver, what its purpose is, when he will use it. Be a good instrument like that, then you will always experience peace and tranquility."

The Rancho borders the Rio Caliente; and on the 2nd of May the group, lead by Mrs. Vexler, went down to the riverside. The name of this river is not without meaning. Caliente is the Spanish word for hot and literally the river was hot. It's even hotter than bath water and is heated thermally, its source being very close to an inactive volcano. The Rancho also offers several large spa pools filled with the river water for the guests to bathe in as well as a steam room which is naturally heated by the heat from the river. As we walked along the river we came to a small waterfall. Here Gurudev enjoyed bathing each day, letting the water from the waterfall give a refreshing and relaxing massage. The first day Gurudev gave a baptism by dunking the courageous members under the falls.

Monkeys and Kittens

In the evening a satsang was held where Sri Gurudev spoke about Raja Yoga and explained the philosophy, ethical practices, and various branches of Yoga. One of the following evenings, during the regular satsang time, Sri Gurudev was asked the question, "When did you first get the idea for LOTUS?" He replied, "As a school boy my father had a close friend in a neighboring village. This friend was a very wealthy man. He worshipped God in the form of Vishnu which means 'the Omnipresent One.' There are two sects who worship Lord Vishnu. Both agree that surrender is the only way to realize God but they disagree on the *way* to surrender. One group of the worshippers feel that one should surrender like the monkey's baby. The other feels that one should surrender as a kitten.

"The monkey baby will grasp the mother's belly whenever it wants to go somewhere and will hold on as it is carried everywhere by the mother monkey. The kitten instead doesn't even make the effort to hold onto the mother but the mother grasps the kitten by the skin of the neck, holding the baby with its mouth. These two groups fight a lot. When this family friend died, he entrusted his will to my father. After all of the funeral arrangements were made my father sat with the family and read the will. This gentleman had left a big chunk of money for court fees. This was because whenever the two groups worshipping Vishnu in the two different ways had a fight they would usually wind up in the court. This man (being on one side) left a large sum of money to be used in the court fights against the other side of Vishnu devotees.

"When I heard this it gave me a big shock. 'In the name of God people fight like this!' If God cannot unite us, nobody can. We are here to feel we are children of the

one Father. It's insanity to fight in the name of God and religion. So I can say that since childhood I was thinking of ways that people could be united instead of divided in the name of religion."

On the 5th of May, in the morning, Sri Gurudev decided to take the Raos and the McCabes (Jagadish and Lalita had flown in from Florida to be in Mexico during Gurudev's stay) for a ride in the McCabe's rented Volkswagen. As he sped off we all wondered what the destination would be. Suddenly Sri Gurudev stopped the car and everyone got out and followed him. He walked down near the river and pointed out the spot where a stream was coming from the hillside joined the river. One could see steam pouring from the stream. Apparently this water came very near the source of the underground volcano. We tried to go near the water, and it was literally scalding hot.

Nearby the river, on the other side, Sri Gurudev saw a group of young people, and walked up to them, and greeted them with the traditional Spanish greeting, "Hola!" These very friendly Mexican youths were on a field trip with their science class. The teacher offered to show Gurudev the telescope that they had brought with them. It was a very powerful telescope with a special lens, and they showed Sri Gurudev the sun through it. In the evening there was a fiesta in honor of Mexican Independence Day. Sri Gurudev enjoyed watching everyone learning and trying the fiesta dances.

By the end of this week-long Yoga Vacation stay at the Rancho many of the members were feeling greatly enriched by this experience and Gurudev's presence. Though many of the people had never met Gurudev before and were even skeptical about gurus, one could easily see that he hd deeply touched and enriched their lives. Even the co-owner of the Rancho came forward to lovingly donate the room and board for Gurudev's entire stay at the Rancho.

On the 7th of May the Raos and McCabes hosted Sri Gurudev for an overnight visit to Guadalahara. There he enjoyed the day touring the city and visiting the beautiful Catholic cathedral. Around lunchtime Gurudev visited the nearby Aztec village of Tlaquepaque where he saw beautiful crafts and artifacts. A visit to the busy marketplace followed where everyone enjoyed the delicacies that can also be found in India, such as sugarcane juice and

A pause for refreshment in a Mexican waterfall.



ripe mangoes. Then Gurudev enjoyed a horse and carriage ride back to the Hotel Francis. This beautiful hotel was built in 1610 and it has been declared a national monument of Mexico. Recently a Hollywood movie was filmed there as it is an exquisite hotel with traditionally Mexican motifs, beautiful archways, porticos and chandeliers. Sri Gurudev was indeed treated as a celebrity and was given the hotel's best room.

Healing Differences

On the 8th of May Gurudev flew back to San Antonio, accompanied by the Raos. They had organized an evening program at the Southwest Research Foundation where Dr. Rao works. Gurudev addressed the San Antonio Indian Community and was asked many questions about establishing a cultural or religious center for them. Apparently many problems have arisen because of the wide diversity throughout the Indian community, which is comprised of Hindus who worship a particular deity and also Christians and Muslim Indians. Gurudev stressed the point, again, that our religions should not divide us. But he encouraged the community to come together and build a cultural, educational center that would include an ecumenical shrine like the LOTUS. All those who attended truly appreciated Gurudev's ecumenical approach, and they commented on how his soothing words had helped to heal some of the philosophical and religious differences among the members.

On the 9th of May Dr. Rao and Rani saw Gurudev off at the airport for his return to Yogaville Virginia. Special thanks to the Rao family for all of their beautiful, devotional service to Sri Gurudev. And thanks to Mrs. Esther Vexler for organizing and inviting Gurudev for the Yoga Vacation in Mexico. We would also like to thank the McCabes and the Schulmans for all of their loving service during Sri Gurudev's travel.

-Swami Premananda Ma

FRANCE: Serenity and Efficiency

"Integral Yoga France" is the name of a new Paris Yoga center organized by several of Sri Gurudev's French devotees and dedicated to sharing his teachings. One of the first official events was to invite Sri Gurudev to visit Paris. Among the founding members of I.Y. France are Bernard and Mariann Leblanc and Gerard Lecomte, who work as industrial psychologists, teaching creativity and communication skills to senior business executives in major French corporations. They have used Sri Gurudev's teachings in their training seminars and have often dreamed of having Sri Gurudev himself speak with their trainees.

On the 17th of May, 1984, Integral Yoga France offered a seminar called "Serenity and Efficiency" and invited Sri Gurudev to be the main speaker.

The day-long seminar began with several well-known French speakers who are experts on Japanese Business Management (using Zen techniques), human mind potential, and other related subjects. They invited Mr. Gerard Blitz, founder of the Club Med and President of the European Yoga Union, who has combined an extremely successful business career with a deeply fruitful Yoga practice.

Sri Gurudev arrived in France the day of the conference itself, and no sooner was he off the plane than he announced that he wanted to attend Mr. Blitz's talk, even if it meant he couldn't rest after the long trip.

Mr. Blitz spoke inspiringly about the early years of the Club Med. It was originally founded as a co-operative venture, to allow people to enjoy a relaxing family vacation at a low price. The goal of the founders was service, not money. At every step in their early development, they were guided by an inspiration from a source higher than the rational mind which led them against all odds to the point of huge success.

After his talk, Mr. Blitz introduced Sri Gurudev, saying that Gurudev had been a successful businessman himself and, as a genuine Yogi, could show them how Yoga could help them to be in touch with that Source of inspiration.

Sri Gurudev used examples from his years in the automobile industry and other business pursuits [during his early life before dedicating all his time to spiritual life] to give practical advice on business management. Years ago, while still a businessman, Gurudev introduced a system of bonuses based on increased production which tremendously increased the efficiency and profits of the automobile factory in which he was a manager. It made the workers feel that the success of the business depended on them, and that they shared in

the rewards. This feeling of cooperation and mutual service created a pleasant, harmonious working situation for both management and workers. As Gurudev spoke about it in Paris, it became apparent that the goal of the business executive is more than just the financial success of the business. It also includes keeping a peaceful and harmonious mind as well an enjoying one's work. Success in any endeavor depends on our ability to focus the mind, and Gurudev advised them to spend a short time every morning and evening drawing all the rays of the mind together and focusing them on one point — the process we call concentration or meditation. It is also important, he emphasized, to keep the body healthy through Hatha Yoga postures and proper diet.

During the question period, people asked Gurudev abut management problems, as well as personal and spiritual problems. Clearly, he had spoken to their real needs in a way that they could understand. At the end of his talk, Gurudev said, "Why don't we close with a small peace chant?" It was very moving to be in the room with all the sixty business executives, standing hand in hand in their suits and ties, chanting, "Om Shanthi" for the peace of the world. It made one feel that, yes there is hope. The feeling in the room was so loving and warm that Mr. Blitz commented later, "If it had not been necessary to vacate the room, they would all still have been there the following morning!"

For the next few days, Gurudev visited, instructed, and nurtured his French students. He found the time to visit Nicole Buchert, European Yoga Union Secretary, in the hospital and cheer her up. He had dinner at the home of Peter and Sara Petronio, who are some of his earliest American disciples, now living in Paris. Peter has an advertising agency there and is currently designing the covers for several forthcoming books by Sri Gurudev.

On Saturday evening, Gurudev gave a public lecture in Paris. It was attended by devotees from all over Europe. After the lecture, Gurudev met with those who had come from a great distance, and spoke for nearly two hours more. On Sunday, I.Y. France held a Sadhana Day, combining lectures and practice of Integral Yoga. Among the day's events: Swami Yogananda, Sri Gurudev's first western Sannyasin disciple, spoke about Jnana Yoga. Mithra Schmidt



Sri Gurudev with Peter and Sara Petronio.

led kirtan, and Ambika Berthias spoke on Karma Yoga. (All of them have been disciples of Sri Gurudev since the late 1960's.) In closing, Gurudev spoke about Raja Yoga and, to everyone's delight, he asked Sara Petronio (Director of the Paris Tap Dance Company) to end the day with a spontaneous tap dance performance with her children Ezra and Leela.

Monday evening there was a LOTUS benefit dinner, in the home of Michele and Bernard Ligonnet, with a delicious meal prepared by Fabienne Lartaud. After dinner Gurudev had everyone singing songs in their native language: French, Portugese, Hungarian, Danish, and English. There was also a guitar concert.

All of the programs were very well organized and well attended. On the way to the airport, Gurudev commented on the dynamism and strength of the group forming in Paris. May the members of Integral Yoga France experience the joy of service for many years to come.

-Swami Vidyananda Ma

BUCKINGHAM: Surprise!

"Anyone who wants to see a surprise should come to the LOTUS Lake in half an hour." The voice was that of Sri Gurudev, filled with fun and mystery. The message quickly spread through the Ashram community, and soon a crowd of eager people was gathered at the Lake. There was a buzz among the group as everyone tried to guess what the surprise might be. "A motor boat." "A new fountain." "An elephant!"

The guesses were interrupted by the sound of a jeep. Gurudev came riding up with The Reverends Brahmi and Bhagavan Antle and their zoo and magic show assistants Mark Topping and Adharsh McCabe. The guesses started buzzing again. "A new illusion for their magic show." "A lion!"

Slowly two animal crates were removed from the back of the jeep. Bhagavan reached into the first one and produced. . .a beautiful white swan. Quickly and gently the swan and her mate were placed on the water. It took only a few moments for the great birds to settle into the water and start swimming. Sri Gurudev and everyone watched delightedly as the new Ashramites went around the circumference of the Lake. They soon seemed right at home.

Gurudev spoke for a moment at the lakeside, acknowledging the generosity of the Antles, who gave these rare swans to him and to the Ashram. For years Gurudev has pictured swans swimming on the LOTUS Lake, and at last they are here. There are no other swans in all of Buckingham, and Gurudev brightly called this day (26 June) "The Day the Swans came to Buckingham."

Raja and Rani are the new names given to the swans. They are both six years old. Swans mate for life, and these two Mute Swans have been together for several years and have had babies several times. They will have 4 or 5 cygnets (baby swans) each spring. Soon the Lake will be graced by even more of these lovely, graceful, and inspiring creatures.



"God is 'He' and 'She' and 'It' and even more than that."

-Sri Gurudev

SURREY INTERNATIONAL
Importers/Distributors
Children's Illustrated Books,
Baidynath Ayurvedic Products
Lyndhurst, New Jersey

"Stay put. Be strong. However rough it gets, persev

-Sri Gurudev

CENTRAL VIRGINIA COIN EXCHANGE
316 East Main Street
Charlottesville, VA

You can work toward certain goals, but don't be attached to the outcome."

-Sri Gurudev



INTEGRAL YOGA NATURAL FOODS
250 West 14th Street
New York City 10011

"To enjoy life to the fullest, stop wanting anything."

-Sri Gurudev

SERVICEMASTER OF FARMVILLE,
Professional Cleaning,
Farmville, Virginia



"Bring harmony wherever you are." -Sri Gurudev

HERRSCHE CHIROPRACTIC Ram and Daya Herrsche, D.C.
LIGHT of LOTUS GLASSWORKS, Stained Glass Work, Dillwyn, Virginia
SOLSTICE, Handcrafted Jewelry and Gifts, Seattle, Washington
DEVDASS D. KARMARKAR, M.D., P.O. Box 8, Scottsville, Virginia
The INTEGRAL YOGA INSTITUTES of New York City, Montreal, Detroit, and San Francisco
BLUE MOUNTAIN TRADING CO., 923 H Preston Ave., Charlottesville, Virginia

"You should do something great
that will serve as
an inspiration to everyone."

-Sri Gurudev



FEATHER RIVER COMPANY
Natural Cosmetics, Body Care,
Herbs, Ginseng
500 C Street
Pt. Reyes, California 94956



"Your yogic practices
shouldn't stop when
you leave the meditation room."

-Sri Gurudev

UNIVERSAL COMPUTERS
Sales and Service of
Apple Computers
Ivy Square,
Charlottesville, VA 22903
1710 Fern Street,
Alexandria, VA 22302
2355G Hunters Wood Plaza,
Reston, VA 22901



iving and working together
as one beautiful family
with total love.
That's God."

-Sri Gurudev

LEAR LIGHT SPROUTS
New York City

Special thanks
to our sponsors...



"Always think of others.
Send them loving thoughts
and settle any differences openly."

-Sri Gurudev

GO PAL BICYCLE SHOP
Charlottesville, VA
SILVER BIKE SHOP
Putnam, CT.

INTEGRAL YOGA MAGAZINE

A GIFT OF TIMELESS TEACHINGS

☆ ☆

YES... I would like to receive Integral Yoga Magazine____1 year;____2 years. ____New____Renew

NAME ____________________

ADDRESS ____________________ CITY ____________ STATE ______ ZIP ______

Please send a gift subscription for ____1 year;____2 years, to:

NAME ____________________

ADDRESS ____________________ CITY ____________ STATE ______ ZIP ______

Please enclose $12 for each year's subscription ($15.50 foreign), payable U.S. funds to INTEGRAL YOGA MAGAZINE. Mail to: Integral Yoga Magazine, Route 1, Box 172, Buckingham, VA 23921.



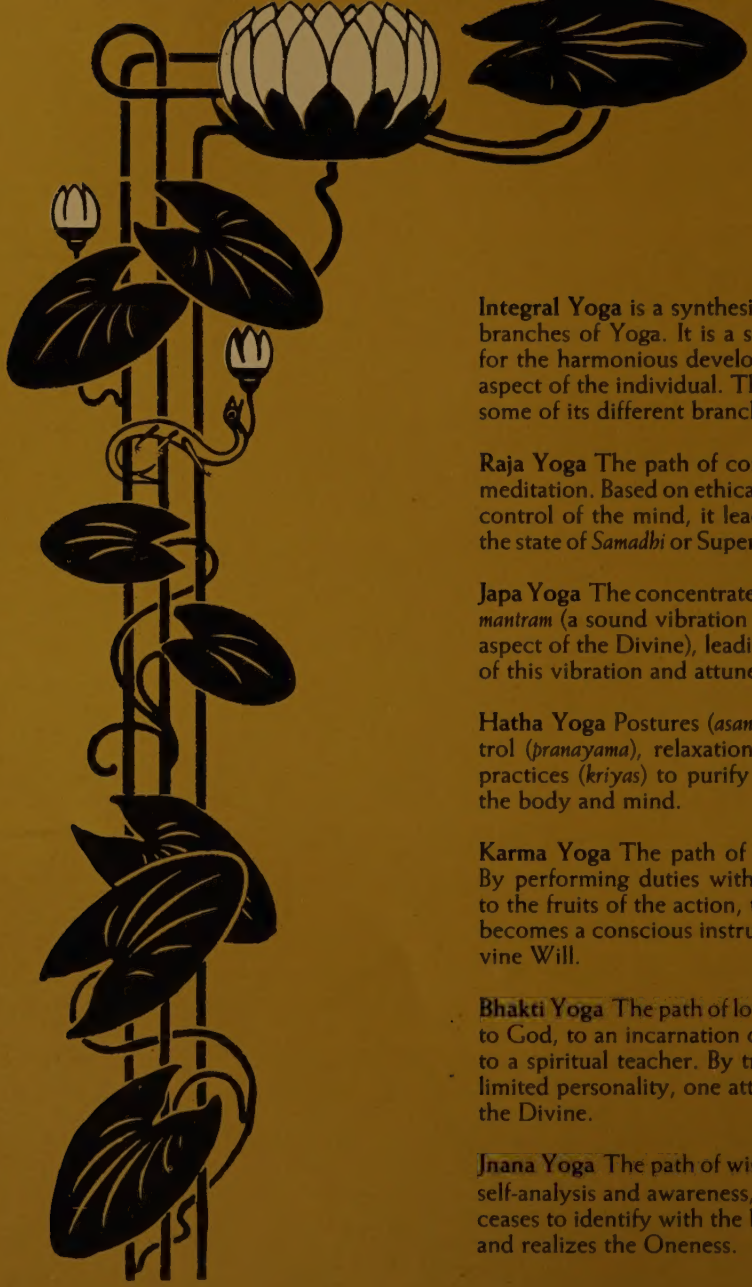
SATCHIDANANDA ASHRAMS

VIRGINIA: Route 1, Box 172, Buckingham 23921 ..... (804) 969-4801
CONNECTICUT: P.O. Box 108, Pomfret Center 06259 ..... (203) 974-1008
SRI LANKA: Satchidananda Thapovanam, Tekawatte, Tennekumbura, Kandy OP-22392
AUSTRALIA: Ontos Yogaville, Buchan, Victoria 3885 ..... (051) 550-215
229 Cotham Road, Kew 3101

INTEGRAL YOGA® INSTITUTES* AND TEACHING CENTERS

CALIFORNIA
P.O. Box 5892, Santa Barbara*93108 ..... (805) 969-7233
770 Dolores St., San Francisco*94110 ..... (415) 824-9600
COLORADO
370 Buckeye Dr., Colorado Springs 80919 ..... (303) 594-9119
844 Downing St., Denver*80218 ..... (303) 831-8495
CONNECTICUT
7 May Street, Apt. 505, Hartford 06105 ..... (203) 241-0616
HAWAII
P.O. Box 669, Captain Cook 96704
P.O. Box 10611, Honolulu 96816 ..... (808) 732-1733
ILLINOIS
4720 West Farwell Ave., Lincolnwood 60646 ..... (312) 677-8071
MASSACHUSETTS
228 Beacon St., Boston 02116 ..... (617) 536-0444
288 Belmont St., Fall River 02720 ..... (617) 673-9535
MICHIGAN
16535 Livernois Ave., Detroit*48221 ..... (313) 862-5477
NEW JERSEY
5 Clark St., Garfield*07026 ..... (201) 546-9666
106 Hamilton St., New Brunswick*08901 ..... (201) 246-0909
NEW YORK
227 West 13th St., New York*10011 ..... (212) 929-0585
500 West End Ave., New York 10024 ..... (212) 874-7500
OHIO
1085 Bryden Rd., Columbus 43205 ..... (614) 252-0827
TENNESSEE
1300 Buffalo St., #A, Johnson City 37601 ..... (615) 929-0339
TEXAS
4325 Ocean Dr., Corpus Christi 78412 ..... (817) 624-9585
4307 N. Westberry, San Antonio 78228 ..... (512) 434-1738
VIRGINIA
1533 Rugby Ave., Charlottesville 22901 ..... (804) 971-9993
806 West 29th St., Richmond 23225 ..... (804) 232-3368
WASHINGTON, D.C.
P.O. Box 23530, Washington, D.C.*20024 ..... (703) 931-7333
WASHINGTON (State)
3331 E. Pinewood Dr., Langley 98260 ..... (206) 221-3534
127 N.E. 59th Street, Seattle 98105 ..... (206) 522-1909

AUSTRALIA
3 Napier St., Essendon, Victoria*3040 ..... (03) 370-1256
3A Alfred St., Norwood, Adelaide*5067 ..... (08) 318-993
BELGIUM 11 Ave des Lauriers Cerises, B 1950 Kraainem, Brussels
BERMUDA D Dunscombe Rd., South Shore, Warwick
CANADA 5425 ave du Parc, Montreal, Quebec*H2V 4G9 ..... (514) 279-8931
2300 Millway, #418, Mississauga, Ontario L5L 2P5 ..... (416) 820-6872
FRANCE 3 Place Cathedrale, Toulon 8300
INDIA 73-A Race Course Rd., Coimbatore 641 018, Tamil Nadu



Integral Yoga is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

Raja Yoga The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of *Samadhi* or Super-consciousness.

Japa Yoga The concentrated repetition of a *mantram* (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to IT.

Hatha Yoga Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.

Karma Yoga The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

Bhakti Yoga The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

Jnana Yoga The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "A body of perfect health and strength, mind with all clarity a control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicat to the common welfare, and realization of the true Self."

Swami Satchidananda